



Cook time: 20 mins

Serves: 4

Prep time: 20 mins

Chicken Oat Balls with Macaroni Soup

Ingredients A

- 300g chicken breast, minced
- 60g wholegrain instant oats*
- 30g tomato ketchup*
- 2g salt
- 2g black pepper powder
- 3g olive oil* (for brushing aluminium foil)
- 75g alphabet pasta (dry)

Ingredients B

- 60g chopped celery
- 60g chopped carrots
- 60g chopped cabbage
- 1 litre hot water
- 1 cube chicken stock cube (no MSG)*
- 2g black pepper powder

*Choose products with the Healthier Choice Symbol.

Tips:

- To make the chicken oat balls more flavourful, you can add 5g garlic powder or 5g onion powder when mixing the chicken ball ingredients.
- For a variety of colourful vegetables, you can use yellow capsicum, eggplant and long bean.
- To lower sodium intake, make your own stock with natural ingredients such as chicken bones, mushrooms, tomatoes or other vegetable ends.

Method

- Mix ingredients A thoroughly and roll into ½" balls (10g each).
- Arrange the chicken oat balls neatly on a sheet of lightly oiled aluminium foil and toast them for about 10 mins.
- Remove from toaster, roll them over and further toast for another 10 mins. Set aside.
- Cook the alphabet pasta as per the packaging instructions, drain and set aside.
- Cook ingredients B in a sauce pan and bring it to a boil.
- Add in pasta and cook for another minute.
- Serve the soup piping hot with 2 chicken oat balls on the side, and sprinkle soup with black pepper powder.

Nutrition Information (Per Serving):

Energy: 130kcal

Protein: 10.3g

Total fat: 1.7g

Saturated fat: 0.4g

Carbohydrates: 18.0g

Dietary fibre: 1.8g

Sodium: 357mg